

## COULD HARDLY EAT ANYTHING UNTIL HE USED PE-RU-NA

NEIGHBORS FOUND IT A WONDERFUL MEDICINE



"I was weak and tired and could hardly eat anything until I used Pe-Ru-Na. Soon my appetite was good and my strength returned. I told my neighbors and every one of them found it a wonderful medicine. You can always get a dose of Pe-Ru-Na at my house no matter what the weather is."

Mr. T. N. Wascow, Box 25, Bragg City, Mo.

Catarrh of the stomach and bowels is among the many forms of catarrhal diseases from which a large number of people needlessly suffer. Fifty years of usefulness is the guarantee behind

**PE-RU-NA**

Tablets or Liquid

Sold Everywhere

### Gumless "Gummer."

Small Brother—Will you please give me a stick of chewing gum, Mr. Blunderly?

Mr. Blunderly—I don't chew gum, Bobbie. What makes you think I do? Small Brother—Because I heard my sister say that when you were at the dance the other night you gummed the whole party.—Punch Bowl.

### Cuticura Comforts Baby's Skin

When red, rough and itching with hot baths of Cuticura Soap and touches of Cuticura Ointment. Also make use now and then of that exquisitely scented dusting powder, Cuticura Talcum, one of the indispensable Cuticura Toilet Trio.—Adv.

Let's not waste time trying to figure out how much of a snake is body and how much is tail.

### No Other Way.

"He's gone crazy over golf." "That's the only way there is to go over that game."

If You Have a Pain try Vacher-Balm. Keep it handy, and avoid imitations.—Adv.

### A Ruling.

"My client accuses her husband of cruel and inhuman treatment, her honor. He refused to buy her a thousand dollar fur coat."

"Well, that may have been cruel, but I hardly think it was inhuman."—Louisville Courier-Journal.

### Other Ways.

"Some people have all the luck." "Then we'll take other ways to succeed. We'll hustle and we'll advertise."

## Your New Home should be made artistic, sanitary and livable.



These walls should be Alabastined in the latest, up-to-the-minute nature color tints. Each room should reflect your own individuality and the treatment throughout be a complete perfect harmony in colors.

The walls of the old home, whether mansion or cottage, can be made just as attractive, just as sanitary, through the intelligent use of

# Alabastine

Instead of kalsomine or wallpaper

How much better, when you have a new home, to start right than to have to correct errors afterward from former treatment with other materials, when you come to the use of Alabastine, as does nearly every one sooner or later.

Once your walls are Alabastined you can use any material over it should you desire, but having used Alabastine you will have no desire for any other treatment.

Alabastine is so easy to mix and apply—so lasting in its results—so absolutely sanitary—and so generally recognized as the proper decorative material in a class by itself that it is becoming difficult to manufacture fast enough to supply the demand.

Alabastine is a dry powder, put up in five-pound packages, white and beautiful tints, ready to mix and use by the addition of cold water, and with full directions on each package. Every package of genuine Alabastine has cross and circle printed in red.

Better write us for hand-made color designs and special suggestions. Give us your decorative problems and let us help you work them out.

**Alabastine Company**

1649 Grandville Ave. Grand Rapids, Mich.



## THE KITCHEN CABINET

(© 1921, Western Newspaper Union.)

When earth's last picture is dusted, And the floors are painted and dried; When the oldest carpet is beaten, And the youngest spider has died, We shall rest, and faith we shall need it; Lie down for a moment or two, Till the dust on the grand piano Shall set us to work anew. —With apologies to Kipling.

### SEASONABLE GOOD THINGS.

This is the time of year when parsnips are at their best. Some like them cooked with vegetables in a boiled dinner; others like them cooked tender, cut in halves lengthwise and fried brown in good fat, while there are others who think a parsnip fritter is the dish of excellence. To prepare the fritters the vegetable is cooked, then skinned and mashed very fine, seasoned well and a teaspoonful of the mashed parsnip dipped into a fritter batter, then fried in deep fat. These fritters are usually served with some kind of sweet sauce like hot maple syrup.

**Cheese Souffle.**—Prepare a thick white sauce using one-fourth cupful each of flour and fat with one cupful of milk; when cooked and thick, cool and add one-half cupful of grated cheese, three egg yolks, one teaspoonful of salt, one-half teaspoonful of paprika, one-half teaspoonful of onion juice. Mix carefully and fold in the stiffly beaten whites of three eggs. Turn into a well-greased baking dish and set this dish into a pan of hot water; bake in a moderate oven until firm in the center.

**Oysters a la Poilet.**—Prepare a polet sauce by adding one and one-fourth cupfuls of milk to six tablespoonfuls of flour, stirring and mixing well before cooking, then cool slightly and add two well-beaten eggs. Take one pint of oysters, toss in a pan until the edges curl, then drain and add to one-half cupful of mushrooms, or the same amount of celery cut in small pieces, one chopped pimento, one hard-boiled egg also chopped, two tablespoonfuls of melted butter seasoned with salt and pepper, and serve in crownstades, made by cutting bread into oblongs and hollowing out the centers; then brush with butter and brown in the oven or toast under the gas flame. Decorate the tops with minced parsley.

An aspiration is a joy forever. To have many of these is to be spiritually rich.

### A GROUP OF GOOD CAKES.

A cake which is easy to make if one has a good strong arm to give it the beating it needs is

**Weary Willie.**—No Weary Willie would have the name, and deserve it, who had ever made this cake. Take one cupful of sugar, one and one-half cupfuls of flour, two teaspoonfuls of baking powder, a speck of salt, sift three times to blend well. Into a measuring

cup drop the whites of two eggs, fill the cup to half measure with softened butter, not melted; then fill to the top with milk and water or just water. Pour the mixture from the cup, adding flavoring; mix well, then beat with a strong spoon or egg beater for seven minutes by the clock. If Willie doesn't get too weary keep at it for ten minutes and the cake will have the most beautiful texture and grain. Bake in layers, color one and leave one white. Use color selected for layer in the icing which may be used for the filling.

**Every Day Cake.**—Beat four tablespoonfuls of butter to a cream, add one-half cupful of sugar, one-half cupful of chopped raisins, two egg yolks beaten light, one-fourth cupful each of maple and corn syrup, one-half cupful of milk; add one and three-fourths cupfuls of flour, a teaspoonful of cream of tartar, half teaspoonful of soda, one-half teaspoonful of salt and the same of mace, all sifted together. Lastly add the stiffly beaten whites of the eggs and turn into a shallow pan. Sprinkle with chopped nuts or raisins, and dredge with one teaspoonful of sugar. Bake one hour or longer, depending upon the depth of the mixture in the pan.

**Fig Cake.**—Take two cupfuls of stale bread crumbs, mix two tablespoonfuls of shortening with three-fourths of a cupful of sugar, a little salt and nutmeg; stir in two well-beaten eggs and the bread crumbs. Sift four teaspoonfuls of baking powder with one cupful of flour; add one-fourth pound of figs and beat well. Turn into a loaf-shaped pan or one with a cone and bake thirty to forty minutes.

Nellie Maxwell

## ASPIRIN

Name "Bayer" on Genuine



Warning! Unless you see the name "Bayer" on package or on tablets you are not getting genuine Aspirin prescribed by physicians for twenty-one years and proved safe by millions. Take Aspirin only as told in the Bayer package for Colds, Headache, Neuralgia, Rheumatism, Earache, Toothache, Lumbago and for Pain. Handy tin boxes of twelve Bayer Tablets of Aspirin cost few cents. Druggists also sell larger packages. Aspirin is the trade mark of Bayer Manufacture of Monoaceticacidester of Salicylicacid.—Adv.

### The Needle Quick.

He carries a route from one of the News substations. His pals worry a lot because, on the coldest days, he goes thinly clad. One of his pet bits of frigidly is wearing his clothing Scotch style—bare between the shin and knee. It gives the other kids the shivers to see him.

One cold day he blew in at paper hour and, rushing up to the manager at the station exclaimed:

"Gee, I was lucky today, Sully!" "How was that, Mac? Did you buy some clothes?"

"No, I found a brand new fur." "No!" "Yes!"

"What kind of a fur was it?" "Transfer!"—Indianapolis News.

### Her Irritability.

"Blondie's got a terrible disposition, don't ya think?" asked Claudine of the rapid fire restaurant.

"I'll say she has!" replied Heloise of the same establishment. "Why, night before last while she was strolling home three fellows in a motor car drove up to the curb, and one of 'em jumped out and grabbed her and tried to drag her into it. I s'pose she didn't like their looks or sump'n; anyhow, she began to yell, and slapped the first fellow into the ditch and yanked the other two out of the car and like to have beat 'em to death before they could get away."—Kansas City Star.

### Pa Equal to Emergency.

Willie—Paw, can you name six noted legislative bodies?

Paw—Well, there's the American congress, and the British parliament, and the French chamber of deputies, and the German reichstag and the Japanese diet, my son.

Willie—But that's only five, and the teacher wants us to name six.

Paw—Well, there's the—er—er—the Hungarian goulash. Now, don't bother me. Can't you see I'm reading?—Cincinnati Enquirer.

## Makes Hard Work Harder

A bad back makes a day's work twice as hard. Backache usually comes from weak kidneys, and if headaches, dizziness or urinary disorder are added, don't wait—get help before the kidney disease takes a grip—before dropsy, gravel or Bright's disease sets in. Doan's Kidney Pills have brought new life and new strength to thousands of working men and women. Used and recommended the world over. Ask your neighbor!

### A Mississippi Case

W. F. Miller, prop. harness store, 215 Main St., Yazoo City, Miss., says: "For six months I had a dead aching pain in the small of my back over my kidneys. I knew my kidneys were the cause of this trouble and tried different kidney remedies but got no relief until I began using Doan's Kidney Pills. Three boxes entirely cured me."

Get Doan's at Any Store, 60c a Box  
**DOAN'S KIDNEY PILLS**  
FOSTER-MILBURN CO., BUFFALO, N. Y.

## Kill All Flies!

THEY SPREAD DISEASE. Pinned anywhere, DAISY FLY KILLER attracts and kills all flies. Neat, clean, ornamental, convenient and cheap. Lasts all season. Made of metal, can't spill or tip over; will not soil or injure anything. Guaranteed. DAISY FLY KILLER at your dealer or 5c by EXPRESS, prepaid, \$1.25. HAROLD SOMERS, 150 De Kalb Ave., Brooklyn, N. Y.

### OXIDINE IN HOT WATER

Get a bottle of OXIDINE today and when you feel a cold coming on, put a tablespoonful of this wonderful remedy in a half glass of hot water. Sit well and drink just as you would a hot toddy. Its operating effect is immediately noticeable and a similar dose every three or four hours will give wonderful results. OXIDINE purifies your blood and tones up the entire system. 50c at your druggist's.—Adv.

WE ARE NOW SHIPPING BY INSURED PREPAID PARCEL POST draws from 1,000 bushels certified corrosive sublimate-treated Porto Rico potatoes. 1,000 for \$2.50; 5,000 for \$12. After May 15th, deduct 40c per 1,000. Leading varieties Tomatoes, Peppers and Egg Plants 30c dozen; 100 for 30c; 1,000 for \$2.50. Satisfaction guaranteed. DEALERS WANTED—WIRE OR WRITE. HAVANA PLANT FARM, Midway, Gadsden Co., Fla.

## Saved My Life With Eatonic

### Says New Jersey Woman

"I was nearly dead until I found Eatonic and I can truly say it saved my life. It is the best stomach medicine ever made," writes Mrs. Ella Smith.

Acid stomach causes awful misery which Eatonic quickly gets rid of by taking up and carrying out the acidity and gases which prevent good digestion. A tablet taken after meals brings quick relief. Keeps the stomach healthy and helps to prevent the many ills so liable to arise from excess acid. Don't suffer from stomach misery when you can get a big box of Eatonic for a trifle with your druggist's guarantee.

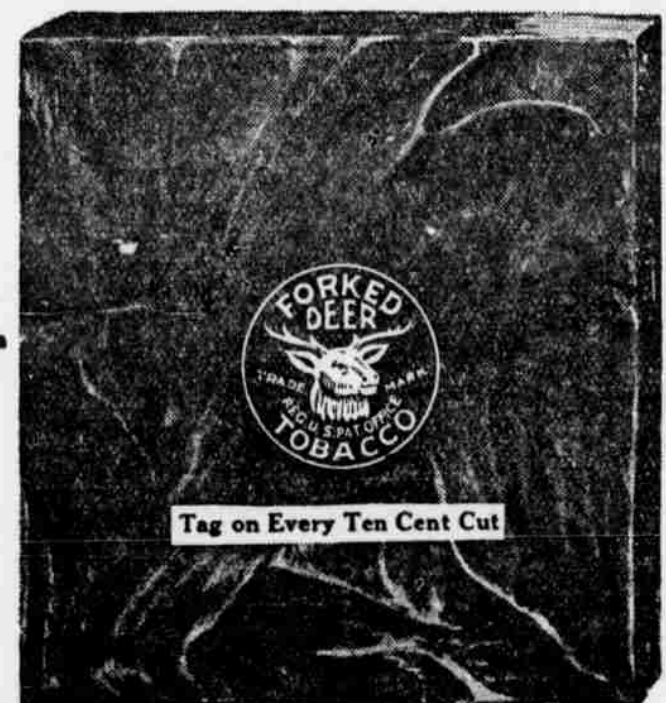
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Short breathing relieved in a few hours; swelling reduced in a few days; regulates the liver, kidneys, stomach and heart; purifies the blood, strengthens the entire system. Write for Free Trial Treatment. COLLUM DROPSY REMEDY CO., Dept. W. O., ATLANTA, GA.

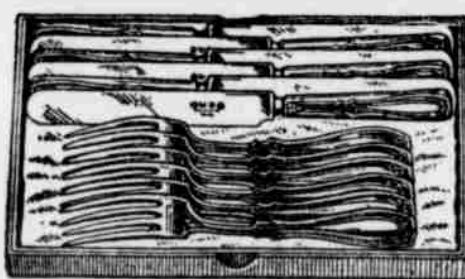
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# BISCUITS

HOT biscuits add just that touch to your dinner which makes a perfect meal—and a satisfied family. Nothing seems to go with a good meal like dainty, light Southern biscuits. GILSTER'S BEST flour is made from only selected soft winter wheat—ground to a fluffy, snowy whiteness. It makes delicious biscuits.

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